

# Sewage Safety



Sewage is water that comes from toilets, sinks, and buildings. This water may contain harmful germs (bacteria and viruses) and chemicals that can make you sick.

## STEPS TO TAKE TO BE SAFE FROM SEWAGE



### Personal Hygiene

- Wash your hands well with water and soap.
- Do not touch your nose, mouth, eyes, or ears with your hands unless your hands have been washed.
- Shower and change out of dirty clothes.
- Wash contaminated clothing in hot water.



### Protective Measures

- Wear waterproof gloves when handling sewage water.
- Do not let sewage get into open cuts, sores, or wounds.
- Wash with soap and water immediately if sewage gets into open wounds.
- Do not walk barefoot in areas where there is sewage.



### Health Precautions

- Talk to your doctor or nurse if you are sick after being exposed to sewage. If you do not have a doctor or nurse, contact [2-1-1 San Diego](https://www.211.org/).
- Stay up-to-date with your vaccines, especially Hepatitis A vaccines.



Scan QR code for more resources and updates, or visit [South Region Illness Concerns](#).



Scan QR code to see if water areas are monitored, under advisory, or have been closed for health or safety reasons, or visit the [Beach & Bay Water Quality Program](#).